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<table>
<thead>
<tr>
<th>Editor &amp; Founder</th>
<th>Chief Editor</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
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</tr>
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</tr>
<tr>
<td>Enathur, Kanchipuram, Tamilnadu,</td>
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<td>India – 631561.</td>
<td>India – 622 001</td>
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</tbody>
</table>

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<table>
<thead>
<tr>
<th>S.no</th>
<th>Name of the Paper</th>
<th>Author(S)</th>
<th>Page no</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>A Study on Buying Behavior of Consumers towards Online Shopping in Karur District</td>
<td>Dr. L.Kesavan Mrs.B.Kavitha</td>
<td>01</td>
</tr>
<tr>
<td>2</td>
<td>The Method of Finding A Best Alternative To Multiple Attribute Decision Making Problems By Grey System Theory Using Fuzzy Concept</td>
<td>B. Sivakumar</td>
<td>13</td>
</tr>
<tr>
<td>3</td>
<td>Information’s and Guidelines to the Mutual Funds Investors’ An Empirical Study</td>
<td>R.Vasudevan</td>
<td>18</td>
</tr>
<tr>
<td>4</td>
<td>A Study on the various Welfare Measures and their Impact on Quality of Work Life provided by the Textile Mills with reference to Coimbatore District</td>
<td>Dr. M. M. Vasu</td>
<td>27</td>
</tr>
<tr>
<td>5</td>
<td>The Impact of Consumer Buying Behavior towards Home Appliances in Kanchipuram City</td>
<td>Mrs D.Hemalatha</td>
<td>36</td>
</tr>
<tr>
<td>6</td>
<td>A Theoretical Structure of Sustainable Hospitality Supply Chain Management</td>
<td>Dr. Puniyamoorthy Mr. S.Santhimanalan</td>
<td>45</td>
</tr>
<tr>
<td>7</td>
<td>Performance of Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA): with Special Reference to Tamilnadu</td>
<td>Dr.A.Alagumalai B.Jayacharndran</td>
<td>51</td>
</tr>
<tr>
<td>8</td>
<td>A Study on online Rural Consumer Behaviour towards Selected Consumers in Chennai</td>
<td>Dr.S.RamachandranMr. R.Sathish kumar</td>
<td>62</td>
</tr>
<tr>
<td>9</td>
<td>Scientific and Systematic Sports Training</td>
<td>K.Musthafa Kamal Basha</td>
<td>74</td>
</tr>
</tbody>
</table>
SCIENTIFIC AND SYSTEMATIC SPORTS TRAINING

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Introduction
Over the past 45 years or so, we have achieved significant scientific understanding of many physical factors involved in the development of various aspects of training. Including specific strength and conditioning components training. This has allowed more effective programs to be used for athlete’s safety and preparation for competitions specially; several components of training such as skills, speed strength, stamina and psychological skill training have been a focus of numerous text and research. The current conceptualization of science of training basic principle of training theories as well as specific safe methods of strength and conditioning for athletes, have been summarized in Science and practice of Strength Training. The major theme of this book is proper exercise, sports specific drills and/or regular physical and psychological load is a very powerful stimulus for adaptation. Accordingly, the major objective of athlete’s preparation should be inducing specific adaptations in order to improve sport performance via: (a) carefully planned (b) skillfully executed; and (c) goal-oriented training programs.

From practical perspectives at least four important features of the adaptation on process should be considered by a coach in order to make training programmes and most importantly safe for the athletes. Otherwise, athletes may experience and express various forms of responses to training and associated performance saturation deteriorate on high risk for sport-related traumatic injuries. Athletes adopt responses are usually characterized by an increase in both physical proper, such as strength, speed etc., and associated psychological indices, including emotional stability, proper level of motivations and vigor. According to Zatsiorsky (1995) there are four essential features of adoption process as outlined below:

**Overload**

The most challenging issue that coaches face daily is to provide an Opportunity for maximal performance enhancement and secure a safe and injury free coaching environment. Due to the nature of athletic activity that coaches should constantly be aware of. Due to coaches’ primary responsibilities, which are an achievement of maximum performance and secure winning positive
(but not negative) training effect should be their major goal. However positive training effect may take place only if training load is above the habitual level. In other words if training load in terms of the volume and intensity is the same over an extensive period of me, that there will be no additional adaptation on resulted in physical fitness satu on. If the training load and intensity are too low, detrained may occur meaning that an athlete may not improve his / her physical status despite continuous training. On the other hand, if the training load and intensity are too high an athlete may experience maladapted responses to training and are increase in risk of injury. Athlete’s individual responses (both adoptive and maladaptive) should be carefully monitored by the coaches in order to achieve progressive improvement and most importantly, to prevent overload related injuries. Specification and symptoms of athletes overtraining will be discussed elsewhere in this book. Overall, training load can be roughly classified according to three important principles : (a) progressive loading when the training volume and Intensity are above individually denied neutral zone allowing for adapts on to occur; (b) retaining : when the magnitude of the load remains the same in the Individually denied neutral zone, so the level of fitness may maintain for a long me (c) detraining : when the magnitude of the load tends to decrease and associated performance deteriorate on an and / or functional capacities of the athlete may be observed. It should be noted however, that the afore men and principles should be considered with regards to hierarchy and duration of the periodical training units (i.e., general prepare on period, comparative preparation period and transitional period). In additional, it is important to note that these principles are also athletic fitness / skill level dependent. The aspect of Individual in terms of novice versus elite athlete' responses to training load will be discussed in more details in the following text.

**Accommodation**

Positive training effect and associated positive psychological responses to the training load may take place if accommodation on is prevents via proper training programs. In essence, accommodation on refers to the training programme when the same Palling program and type of exercise remains constant over a prolong period of me. For example, a diver that just performed optional dives (regardless of degree of difficulty) and ignores fundamental dry land, gym and condoning training a decrease in performance level will ultimately be observed. This is kind of a manifest on of biological law of accommodation.
According to this law, an organism's response to a given constant stimulus saturate or even decrease over that not surprisingly. Experienced coaches always vary their exercise programs by (a) constantly replacing exercise routine; (b) switching room aerobic to anaerobic types of activity and (c) balancing specifically and generalize on of training sessions. It is also advisable for coaches to schedule edibility and relaxation on exercises between heavy resistance strength drills to speed up recovery, prevent loss of edibility and overall to avoid accommodation. According to Zatslorsky (1995), training programs should satisfy at least two demands to avoid accommodation and to preserve specific via: (a) quantities modification on (changing training loads in tent’s of the volume and intensity of exercise); and qualitative modification (replacing the exercises aimed at developing the athletes specific functions such as strength, coordination / edibility, and endurance).

**Specificity**

Training adapt on is highly specific in nature. Success and Injury free in particular sports require that the athletes possess specific qualities. What would be essential at for a long distant runner could be detrimental or even harmful for a long Jumper? Well developed upper body for a gymnast may not be beneficial for a springboard diver. Even among divers, depending on the event (springboard versus platform diver) current practices tend to provide deferential training in order to develop sport diving specific qualities. As an illustration, excessive muscular development of the lower body compared to the upper body in springboard divers is an obvious that needs to be achieved via specific strength training (see also Current trend in diving is to achieve excessive body mass and explosive power of the lower body allowing and improvement of the jumping skill and height of the dives. As can be seen from this picture, top end springboard divers (right Pictures) are “more developed” and have larger leg muscles compared to the platform divers (I Pictures). Both males and females are most likely to encounter and special training programs, even within the same sport of diving. (Pictures were taken during FINA 2001 Diving World Series, Nan 11 China, with permission from divers. Another way to consider - City of training program is to select sport – demand, specific can swim because they swim, birds can y because they, frogs an jump because they jump divers can dive because they dive, and so on. Thus, strength, edibility and endurance training are highly sped in various sports. Unfortunately, this important principle of sped city of training programs is o en
Ignored by the coaches. For example, it is a common practice in collegiate ethic that divers and swimmers use similar heavy resistance workouts for upper body, particularly during prepare on period. This is inconsistent, at least, with the principle of sped city. Coaches should be aware that what is honey for a swimmer could be poison for a diver”. Similarly, in the elder of athletic training dealing with injured athletes, at an early stage following acute injury, it is important to control in amma on and regain the pre-range of motion. Accordingly, a specific exercise rehabilitation program should be utilized for this purpose to reduce probability of slow recovery and/or risk for re-injury. At the later stage of acute Injury recovery, the muscle strength should be a major target for rehabilitation, thus, sped c strength training drills must be utilized at this stage of recovery. Finally, preparation for the execution of sped drills should be a focus of rehabilitation. Accordingly, more sport - sped rather than general conditioning, strength and edibility exercise should be incorporated into rehabilitation on sessions. Another aspect of sped city may be considered from irrespective of identical theory (see also theories of transfer m ally developed by Thom dike back in 1914 and further elaborated within the scope of current motor control and learning research). In essence, in order to achieve positive transfer of learning between various skills and exercise routine, the main elements underlying different skills or situations surrounding performance must be identical and similar in nature. In other words, a major acumination on of this theory is that positive transfer between skills is not based upon any general and unrelated performance, but rather very sped in nature. Similarities between null (type of exercise) and responses (developed skills) are complementary in nature. The use of dry-land and gymnas training aimed at practicing complex exercise maneuvers complement (positively transfer) to the springboard diving. Conversely, as the degree of similarity between null and responses are declined, conducing consequences may be experienced for example, because of the dissimilarity between diving and gymnastic somersaulting techniques, athletes’ transmissions on from gymnas to diving may not likely foster any positive transfer. Similarly, because of the dissimilarity between the two sports, tackle techniques in football may not be applicable (but rather difficult to transfer) for rugby. In fact, a vast majority of concussive Injury in rugby is due to tackle techniques that the rugby players adopted from their past experience playing football. Coaches, who understand basic principles of sped city,
may avoid numerous problems and most importantly, may provide an injury-free training environment for their athletes.

**Individualization**

Due to generally predisposed and environmentally immunized individual differences among people, the same exercise routine and training program may elicit different responses among athletes. Indeed, people are different in terms of anthropometric dimensions (larger/smaller; stronger/weaker; more or less exhibited; more or less flexible; personally stable/unstable; risk taker/risk avoider; etc.). Therefore, any attempts to mimic performance style and/or techniques of world best athletes have proven to be useless or even harmful. For example, numerous attempts to “Copy Greg toucans’ diving style by novice divers led to significant deterioration of one of their own styles and overall performance. Similarly, mimicking the best Chinese divers’ clean entry and/or fast somersaulting techniques (which was a tendency a few years ago among USA diving coaches), has proven to be divesting. However, the acquisition of fundamental skills and coordination poems should be essence at regardless of afore men owned individual differences among athletes. Fundamentally correct posture and basic skills should be trained regardless of sports, whether it be complex coordination, games and/or cyclic in nature. Not surprisingly, apparatus gymnastics is called the mother of all sports” and required as an essential training method for youngsters. With coaches’ creativity based on solid fundamental skills and qualities, Injury controlled training methods proved to be successful. No average methods exist for exceptional athletes. “Only average athletes, those who are far from excellent, prepare with average methods; a champion is not average but exceptional. It should be noted that there is a current tendency to reconsider the major assumption of the training periodization, due to various practical reasons, such as: Increased number and level of concept on throughout the season; Increased complexity of routines, especially in complex coordination sports; Earlier mutual on of athletes, requiring to consider developmental aspect of athletes preparation; Increased total volume and intensity of training load the whole year around; current practices and a empts to simultaneously develop motor abilities and functions such as strength, edibility and stamina; Increased number of alternative views on the nature of training periodization; Progress in training methods and sport technologies, and protect devices, such as helmets, mouth guards, pads, braces etc., Increase in the financial and other extrinsic sources for motivation.
on to compete constantly at their peak level.

CONCLUSION

There is always a trade-off between high-achievement and probability of overtraining as well as high risk of injury among elite athletes. Proper planning, speed city and Individualization one of the training program are key factors to consider. There are tendencies in modern sports to (a) standardize the training program within certain sports; and (b) modify the exercise content to achieve maximal adoption on and reduce the probability of accommodation. This provides prerequisites for a current training control and improvement of sport sped training technology. The negative aspect is that the possibility of excessive accommodation when the athletes respond to a continuing decreases followed by a decrease in the training as well. This may force the coaches to reconsider the mi at training routine with emphasis on an increased training load and ultimately athletes at high risk for overtraining and Injury. The second tendency relates to the effect of novelty when the unaccustomed exercises induce more pronounced adaption responses. However, there is a problem as to how to increase the act of mulus novelty when an athlete is accustomed to represent sport-sped exercises. Indeed, additional research, enhanced coaches’ experience and quality observations are necessary to overcome excising controversies in training programs aimed at maximizing performance enhancement without jeopardizing the safety and well-being of athletes. Personal consultations with these prominent leaders in the aid of athletes training are highly appreciated.

REFERENCES